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T2Mood Tracker Mobile App Adds New Features

Joint Base Lewis-McChord, Wash. — The [T2 Mood Tracker](#), a Department of Defense smart phone application developed for monitoring emotional health, now has the capability to send information to home computers and health care providers.

Developers of the app at the National Center for Telehealth and Technology, known as T2, added many user requested features in the latest version released last month. The feature most requested by users was the ability to send their personal information to their home computers for long-term tracking and to share that information with their health care providers or use it in therapy.

“An essential part of therapy is the ability to understand a patient’s behavior. The best way to do this is to record it as it happens over an extended period. When that information collected after the fact, especially about moods, it tends to be inaccurate.” said Dr. Julie Kinn, T2 psychologist. “T2 Mood Tracker’s success with users is because of the easy and accurate way it collects their information.”

The T2 Mood Tracker Mobile app has been downloaded more than 100,000 times since it was released in 2010. It is used with therapists or by individuals who want to know more about how their life is affected by changes in the home, at work or everyday experiences.

The app was originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments; however it has become very popular with civilian users around the world.

The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and a user’s general well-being. The results are displayed in an easy-understand graph. The data is saved in a graphical or spreadsheet file which can be transferred by e-mail or other wireless connection.

T2 Mood Tracker is free and available for Android and Apple mobile devices.

The National Center for Telehealth and Technology, located at Joint Base Lewis-McChord, Wash., serves as the primary Department of Defense office for cutting-edge approaches in applying technology to psychological health. T2 is a center of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury. More information about T2 Mood Tracker and T2 is available at www.t2health.org.

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